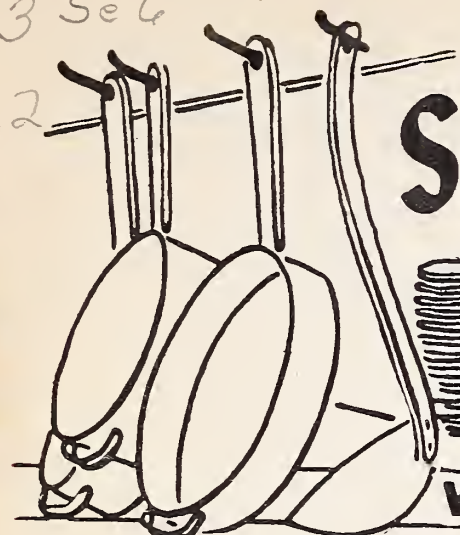


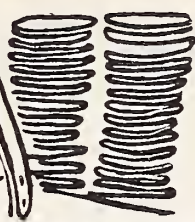
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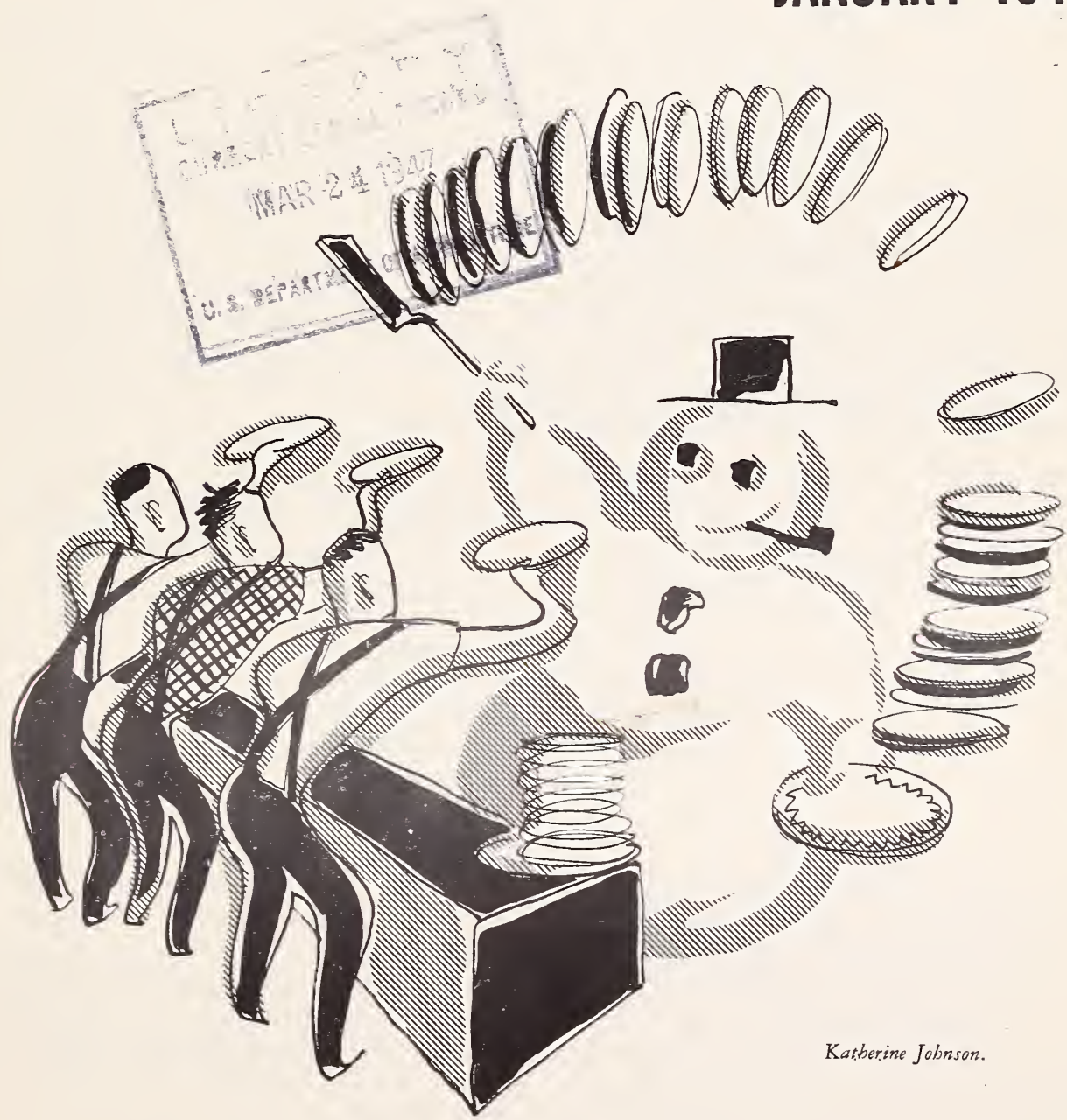


Food news for individuals and groups promoting nutrition education, and for food service managers in industrial plants, restaurants, hospitals and hotels.

Washington 25, D.C.

No. 19

JANUARY 1947



Katherine Johnson.

EAT A *BETTER* BREAKFAST !

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Food Distribution Programs Branch
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"Give Yourself a BREAK at BREAKFAST"

Just off press is a better breakfast poster, copy of which is attached. This has been especially designed by National Safety Council to encourage industrial workers to eat better breakfasts. Copies are available at a nominal cost from

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Industrial Nutrition HIGHLIGHTS

For Editors of Plant Publications

Eat a Better Breakfast !

There's an old saying, "a good start is half the race," and, to our way of thinking, it's good, sound advice in any undertaking. It applies no less to starting the day right -- and starting the day right calls for a good, hot, nourishing breakfast. As nutritionists put it, you can't breakfast like a bird and work like a horse!

It's an unfortunate fact that a lot of people -- too many, in fact -- eat an inadequate or poorly selected breakfast, or no breakfast at all. A war-time study of food habits of industrial workers, in an important industrial area, revealed that 10 percent of the workers ate no breakfast before going to work and 64 percent ate an inadequate, ill-chosen breakfast.

There are good reasons for beginning each day with an ample breakfast. In the morning your body, which has been fasting for from 10 to 12 hours, needs re-fueling with a supply of energy and nutrients in order to carry you through the working hours of the forenoon. Food is the essential fuel without which the body cannot deliver needed energy. That's why fatigue lessens efficiency and causes bad humor -- often the consequences of inadequate or improper morning meals. A recent analysis of 1,000 consecutive accidents in an industrial plant revealed that the greatest number occurred between 11 and 12 o'clock in the morning. Many of the victims were persons who began the day with skimpy breakfasts or with no breakfast at all.

A textile mill in the South noted that a large number of accidents occurred about 10 o'clock in the morning; also, that most of the victims were employees who resided some distance from the mill.

In order to get to work on time, these employees had to get up early in the morning and many of them had skipped breakfast.

To determine whether a relationship existed between the accident rate and the lack of morning meals, the mill began serving breakfasts in its cafeteria. A snack wagon, carrying milk, coffee, peanut crackers, and the like, was also put into service during mid-morning. The end result of this experiment was that forenoon accidents were almost eliminated.

eat plenty -- but eat right !

It's doubly important that a breakfast should include the right kinds of food -- in the right amounts. Here's a three-point test of a good breakfast:

1. It should give you materials for repairing tissues and regulating body functions to help keep you healthy.
2. It should provide fuel for body energy.
3. It should taste good and give you a lift.

A doughnut-and-coffee breakfast fails the test on point 1. It leaves far too many nutrients to be supplied by the other meals.

A fruit-juice-and-coffee breakfast goes a little farther on point 1, but not far enough. It's short on point 2, also. You need more energy foods as well as more nutrients to make up for the long stretch between supper and breakfast.

how big is a good breakfast ?

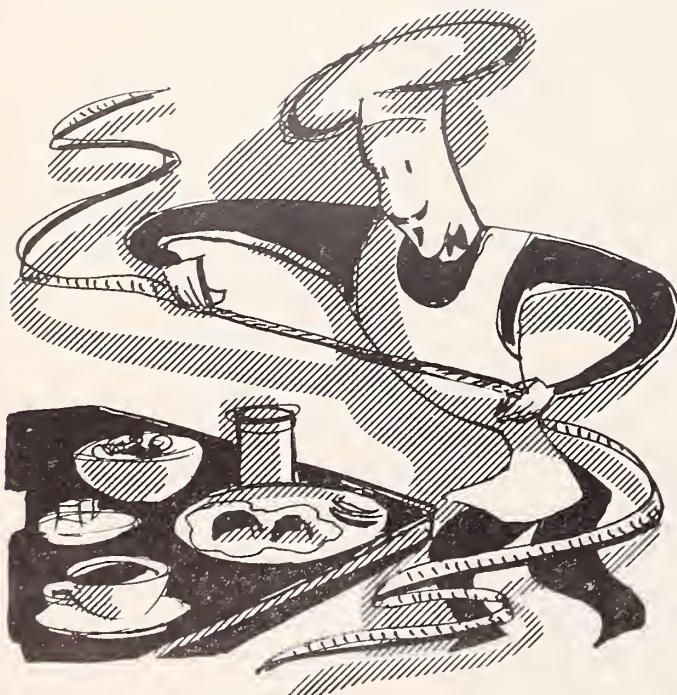
There's no hard and fast rule for the amount of food that should be eaten at breakfast. A desk worker who eats a substantial lunch may get along with a light breakfast. As a general rule, however, it's sound planning to eat one-fourth to one-third of the day's food at breakfast. To choose the right foods, consult the Basic 7 food chart, which includes the following:

Group 2. Citrus fruits, tomatoes, and cabbage. Choose sliced oranges, a half grapefruit, or a large glass of tomato juice (or a smaller one of citrus juice) for your breakfast.

Group 4. Milk, cheese, ice cream. Put at least half a cup of whole milk on your bowl of cereal, and drink a glass of milk, too, if you wish.

Group 5. Meat, poultry, fish, eggs, dried beans and peas. An egg every day for breakfast is a good rule for an active worker. Or eat an egg three or four times a week and choose bacon, ham, or fish on alternate days.

Group 6. Whole-grain and enriched bread, flour, and cereals. These should be part of every breakfast. Make sure you get enough of them. A single serving of bread and coffee isn't enough to work on -- or to play on, either.



Group 7. Butter or fortified margarine. Spread these on your toast, rolls, or muffins.

Select a serving of food from each of the above-named groups and you'll have a good breakfast. For variety you can, on occasion, add fruits from Group 1 and Group 3 of the Basic 7 chart and, if you are an active worker, you may like a serving of potatoes with your egg or meat.

Two suggested breakfasts, selected from the Basic 7 chart, to give you a good start for the day, are as follows:

① Sliced oranges (Group 2)

Rolled oats with whole milk
(Group 4 and Group 6)

Scrambled eggs (Group 5)

Enriched white toast (Group 6)

Butter or fortified margarine
(Group 7)

Coffee

② Tomato juice (Group 2)

Flaked, ready-to-eat wheat cereal
(Group 6) with whole milk (Group 4)

Crisp bacon (Group 5)

Cornmeal muffins (Group 6)

Butter or fortified margarine
(Group 7)

Milk (Group 4)

Plentiful Foods

Winter potatoes are plentiful in all parts of the country. Dried onions are also plentiful.

Apples continue to be in good supply in most States, also canned citrus juices and dried peaches.

Liberal quantities of fresh and frozen fish should be available in January.

Food Service News

For Food Service Operators and Dietitians

1947 Food Outlook

According to a recent Bureau of Agricultural Economics forecast on the national food situation in 1947, no particular change is anticipated in supplies or in the average consumption of the following foods: Meats, chickens and turkeys, vegetable fats and oils, fresh fruits (other than citrus), canned fruit juices, potatoes, sweetpotatoes, and dry beans.

Supplies of eggs and fresh vegetables and the consumption of fluid milk may be smaller in 1947 than in 1946. The following foods are expected to be more abundant in 1947 than in 1946: Butter, lard, evaporated milk, cheese, citrus fruits, canned and frozen fruits, wheat flour, corn products, sugar, and fish. Sugar supplies will continue short of demand, however, with some improvement noted toward the end of the year.

January Abundant Foods

Foods in abundant supply during January include potatoes, dried onions, winter apples, dried peaches, canned citrus fruit juices, and fresh and frozen fish.

Sweetpotatoes will be readily available in or near the growing areas; cabbage will be plentiful in the South and in some other areas; and the winter orange crop will be moving to market this month.

Potato Pointers

Supplies of white potatoes are so abundant that food buyers can afford to be choosy. Buy potatoes, then, for the purpose for which you need them.

Select mealy varieties for baking and mashing; choose more waxy varieties for steaming, frying, and for salads. For cutting and slicing you need a potato that can be cut into uniform pieces that will hold their shape.

Bake and steam potatoes in their skins to conserve flavor, vitamins, and minerals. If potatoes must be pared before

cooking time, cover them with cold salted water and store them in the refrigerator. Remember that the longer pared potatoes are exposed to the air the more vitamin C they will lose.

Reach for a Sweet

Sweetpotatoes are relished by most folks because of their fine flavor. In addition, sweetpotatoes are rich sources of vitamin A, and they contain high energy value.

There are three main types of sweetpotatoes from which the buyer may take his pick -- the dry type, or Jersey; the yellow semimoist Golden; and the moist reddish-colored Puerto Rican variety.

Buy "sweets" as needed and place them in a moderately cool room. They do not store well for very long, under usual storage conditions, especially as the season advances.

Sweetpotatoes, with their natural sweetness, serve as an acceptable menu item in these days of sugar shortages. Try them baked or steamed; served in their jackets; or steamed, peeled, sliced lengthwise, and fried in drippings until a delicate brown.

Eat More Apples

Apples provide a source of many useful and versatile - winter dishes. Use them often now that they are in good supply.

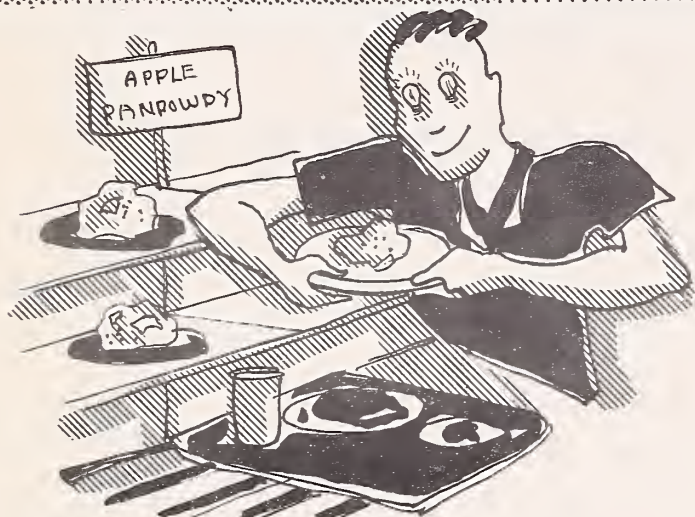
Apples generally fall into three groups according to use -- the eating apple, the baking apple, and the pie or sauce apple. Some varieties are useful for all three purposes.

Canned Fruit Juice Flavor

To restore more of the "fresh" fruit flavor to canned citrus fruit juices, pour the juices from one glass or pitcher to another several times after its removal from the tins. Chemists of the Department of Agriculture have found that this process aerates the juice, restoring oxygen lost in canning.

MENUS

For Special Lunches



The menus given below are planned to supply approximately one-third of the day's dietary allowances. Foods generally in plentiful supply are indicated by asterisks. Footnotes refer to the source of the recipe for the dish.

Lamb stew with potatoes*,
onions*, and carrots
Cabbage* and apple* slaw 1/
Whole-wheat bread with butter or forti-
fied margarine
Hot gingerbread
Milk

Chopped steak with onion* sauce
Baked potato*
Broccoli
Enriched buns with butter or fortified
margarine
Ambrosia 2/
Milk

Fricassee of turkey
Mashed sweetpotatoes
Green peas
Hot biscuits with butter or fortified
margarine
Apple* crunch 3/
Beverage

Southern hash 4/
Tossed green salad
Cornbread with butter or fortified
margarine
Ice cream
Beverage

Pan broiled fillet of Haddock*
Lyonnais potatoes*
Stewed tomatoes and celery
Enriched bread with butter or fortified
margarine
Deep dish apple* pie
Milk

Corned beef brisket with horseradish
sauce
Steamed potatoes*
Cabbage*
Rye bread with butter or fortified
margarine
Dried peach* pie 5/
Milk

Spanish omelet
Country fried potatoes*
Cole slaw
Enriched bread with butter or fortified
margarine
Ice cream
Beverage

Frankfurters with mustard
Hot potato* salad 6/
Snap beans
Whole-wheat bread with butter or forti-
fied margarine
Apple* sauce
Ginger cookies
Beverage

Pan fried liver with crisp bacon strip
Escalloped potatoes*
Apple*, carrot, and raisin salad
Enriched bread with butter or fortified
margarine
Fruit gelatine
Milk

Codfish* cakes with egg sauce
Spinach or other greens
Head lettuce salad with Thousand Island dressing
Corn muffins with butter or fortified margarine
Applesauce* cake 7/
Milk

Beef pot roast with browned potatoes*
Mashed Hubbard squash
Cabbage* and beet relish 8/
Enriched bread with butter or fortified margarine
Dried fruit compote 9/
Milk

Scalloped potatoes with egg and cheese 10/
Buttered peas
Citrus fruit salad
Whole-wheat bread with butter or fortified margarine
Apple* pandowdy 11/
Beverage

Baked ham
Potato* puff 12/
Creamed onions*
Enriched bread with butter or fortified margarine
Lemon snow pudding with custard sauce
Beverage

Cheese omelet
Parsley buttered cauliflower
Baked potato*
Enriched roll with butter or fortified margarine
Ice cream
Beverage

Fish* chowder with crackers 13/
Vegetable plate:
Glazed carrots
Fresh greens
Cabbage* and green-pepper slaw
Peanut butter sandwiches on whole-wheat and white bread
Cottage pudding with fruit sauce 14/
Beverage

Footnotes to Menus

1/ Recipe for Cabbage and Apple Slaw in the December issue of "Serving Many."

2/ Recipe for Ambrosia in the May-June issue of "Serving Many."

3/ Recipe for Apple Crunch in the September issue of "Serving Many."

4/ Recipe for Southern Hash is found on page 11 in "Making the Most of Meats in Industrial Feeding."

5/ Recipe for Dried Peach Pie is in this issue.

6/ Recipe for Hot Potato Salad in the October issue of "Serving Many."

7/ Recipe for Applesauce Cake in the October issue of "Serving Many."

8/ Recipe for Cabbage and Beet Relish in this issue.

9/ Recipe for Dried Fruit Compote is in the December issue of "Serving Many."

10/ Recipe for Scalloped Potatoes, Eggs, and Cheese is in this issue.

11/ Recipe for Apple Pandowdy is in this issue.

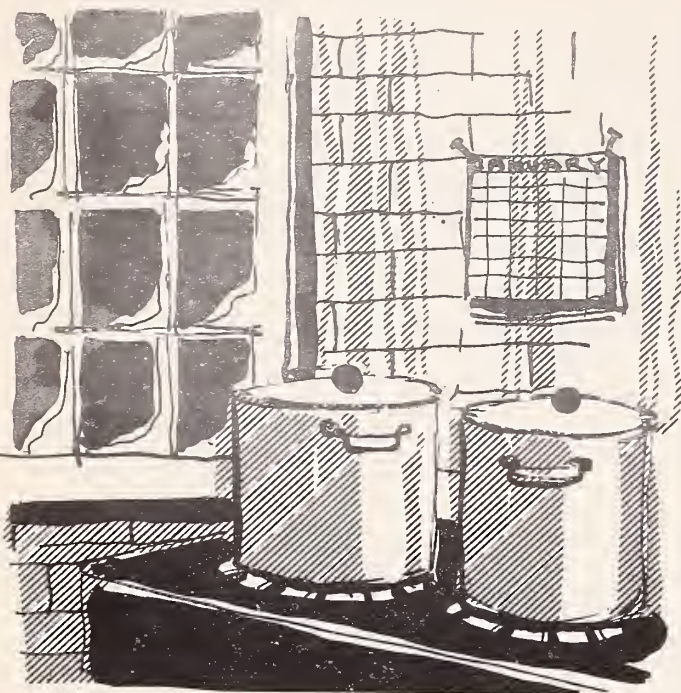
12/ Recipe for Potato Puff is in this issue.

13/ Recipe for Fish Chowder is in this issue.

14/ Recipe for Fruit Sauce is in this issue.



RECIPES



Dried Peach Pie

Ingredients	Amt. for 100 por.	Amt. for 500 por.
Peaches, dried	10 lb.	50 lb.
Water, cold	2½ gal.	12½ gal.
Sugar, granulated	5 lb.	25 lb.
Corn sirup	5 lb.	25 lb.
Cornstarch	10 oz.	3 lb.
Almond flavoring	To taste	To taste
Size of portion - 1/6 of 9-inch pie		

Method:

1. Combine dried peaches and cold water and soak for 1 hour.
2. Heat soaked peaches and liquid to the boiling point. Let the fruit simmer for 30 minutes or until the peaches are tender.
3. Mix the sugar, corn sirup, and cornstarch together and stir it into the peaches.
4. Cook, stirring occasionally, until the mixture thickens slightly.
5. Cool and add almond flavoring. Fill uncooked pie shells with the cooked peaches and top with a lattice crust.

Cabbage and Beet Relish

Ingredients	Amt. for 100 por.	Amt. for 500 por.
Cabbage	5 lb.	25 lb.
Beets	1 No.-	5 No.-
	10 can	10 cans
Sugar	½ lb.	2½ lb.
Salt	1 oz.	5 oz.
Horseradish, grated	1 cup	1 qt.
Vinegar	1 cup	1½ qt.
Size of portion - No.-12 dipperful		

Method:

1. Chop cabbage and beets separately. Chill.
2. Combine about 1 quart of the ingredients, tossing the ingredients lightly.
3. Add seasonings to vinegar and pour over the cabbage and beets.

Apple Pandowdy

Ingredients	Amt. for 100 por.	Amt. for 500 por.
Sugar	5 lb.	25 lb.
Cinnamon	2 oz.	10 oz.
Nutmeg	2 oz.	10 oz.
Salt	1 oz.	5 oz.
Molasses	1 qt.	5 qt.
Boiling water	1 qt.	5 qt.
Apples, fresh	25 lb.	125 lb.
Size of portion - 3-inch x 4-inch piece		

Method:

1. Mix sugar, cinnamon, nutmeg, and salt together.
2. Add molasses mixed with hot water to the sugar mixture.
3. Pour this mixture over sliced apples arranged in greased baking pans.
4. Cover the apples with a rich bisquit dough rolled thin.
5. Bake at 400° F. for from 45 to 60 minutes.

Scalloped Potatoes and Eggs with Cheese

Ingredients	Amt. for 100 por.	Amt. for 500 por.
Potatoes	25 lb.	125 lb.
Hard cooked eggs, sliced	100	500
Cheddar cheese	5 lb.	25 lb.
Cream sauce	3 gal.	15 gal.
Paprika	1 tbsp.	1 oz.
Bread crumbs, dry	1 qt.	5 qt.
Size of portion - 6 ounces		

Method:

1. Pare potatoes and slice crosswise in 1/8-inch thick slices.
2. Cook the eggs until the yolks are mealy. Cool, shell, and slice the eggs crosswise in 1/4-inch thick slices.
3. Make medium-thick cream sauce, using chicken fat.
4. Grind Cheddar cheese medium fine and add to cream sauce, reserving part for topping.
5. Grease baking pans with drippings. Fill pans with alternate layers of potatoes, eggs, and sauce. Repeat. Top with ground cheese, and sprinkle with fine crumbs.
6. Bake in 350° F. oven for 1 hour or longer until the potatoes are tender.
7. Serve as meat alternate dish.

Potato Puff

Ingredients	Amt. for 100 por.	Amt. for 500 por.
Milk	1 qt.	1 1/4 gal.
Potatoes, mashed, hot	30 lb.	150 lb.
Egg yolks, beaten	15	6 doz.
Butter, melted	1 lb.	5 lb.
Salt	3 oz.	10 oz.

Size of portion - 4 ounces

Method:

1. Heat milk to scalding point.
2. Combine mashed potatoes, milk, egg yolks, one-half of the butter and salt.
3. Beat thoroughly in mixer at medium speed.
4. Place in greased baking pans.
5. Brush top of potatoes with remaining melted butter.
6. Bake in moderate oven (375° F.) until puffed and lightly browned.

Variations of Recipe:

Chopped chives, pimientos, or green peppers may be added to mashed potatoes before baking, if desired, or grated cheese or paprika may be sprinkled over the top of potatoes before browning.

Fish Chowder

Ingredients	Amt. for 100 por.	Amt. for 500 por.
Salt pork, diced	1 1/2 lb.	7 lb.
Onions, sliced	2 lb.	10 lb.
Potatoes, sliced	6 lb.	30 lb.
Water, boiling	2 1/4 gal.	12 gal.
Haddock, boned and skinned	10 lb.	50 lb.
Salt	4 oz.	1 1/4 lb.
Pepper	1 1/2 tsp.	2 tbsp.
Milk, scalded	2 gal.	10 gal.

Size of portion - 8 ounces

Method:

1. Fry diced salt pork until crisp. Remove fried pork from the fat. Drain.
2. Fry onions in the pork fat until lightly browned. Add onions and potatoes to the boiling water, and cook for 10 minutes.
3. Add the fish and continue cooking until it can be easily separated into pieces.
4. Stir in salt, pepper, and milk. Let simmer 15 minutes.
5. Add the crisp pork cubes just before serving.

Fruit Sauce

Ingredients	Amt. for 100 por.	Amt. for 500 por.
Fruit juices, canned	2 1/2 gal.	12 gal.
Sugar 1/	1 qt.	5 qt.
Cornstarch	1 lb.	5 lb.
Lemon juice	1 cup	1 1/4 qt.
Butter or fortified margarine	1/2 lb.	2 1/2 lb.

Size of portion - 3 ounces

Method:

1. Bring fruit juice to the boiling point.
2. Mix sugar and cornstarch together, add to hot fruit juice and cook until thickened and clear, stirring constantly with a wire whip.
3. Add lemon juice and butter or fortified margarine.

1/ If sweetened fruit juices are used reduce the amount of sugar by at least one-half.

Operational TIPS

Food Cost Control

This is the second discussion on food cost control. The first, appearing in December, pointed out that a system of cost control serves as a guide for action by the food service manager.

Value of Accounts and Records

Food costs in a very small food service may be controlled through careful management, and periodic testing to determine the actual costs. The records kept in a small establishment may be more important for the financial record of the business than for managerial control. Records should be installed, therefore, that will give the historical record of the business and take a minimum of time to keep up to date.

In a medium- or large-sized food service where the manager cannot supervise every part of the operation, a more complete food cost control system is needed to furnish daily information and guidance. To wait for a month for a profit and loss statement might be disastrous to the manager in terms of remedying excessive costs.

"The principles of food cost accounting and control for industrial feeding establishments are the same as those for commercial restaurants. The purpose in both cases is to maintain controls on food supplies from the time they are purchased, all through the periods of storage and of preparation, until they are served to the patrons and thus converted into cash, and on other supplies and on labor and service." 1/

The desire of most industrial food service managers is to break even. This worthy motive may not be attainable in small food operations, or in those where, for some reason, selling prices must be kept lower than the average prices in the community. A good food cost control system that tells the financial story daily will help to show the manager where the money goes. Restaurant men state that not knowing enough about costs is the chief cause of failure of many restaurants every year.

What Accounts and Records?

A simple but complete food cost control system would include:

1) Budget - or a financial plan based on past income and expenses and forecasting anticipated income and expenditures.

2) Income and Expense Accounts - planned to meet the needs of the operation and provide a record of the daily sales, receipts, and expenditures.

3) Records - the number and kind needed depends on the size and complexity of the food service. Records are necessary in most operations for:

a) Control of Purchasing - requisitions and daily order forms.

b) Storeroom Control - receiving forms which record deliveries, issue forms which show goods issued from the storeroom, and inventory forms which show the balance and value of stock on hand.

c) Kitchen Control - food preparation records that give the kinds and amounts of food to be prepared, menus, and standardized recipes.

d) Service Control - food service record sheets which give portion sizes and standard serving yields.

4) Reports - reports of performance needed by every food service manager, whether the operation be large or small, are: The Daily Food Cost Report, the Daily Cashier's Report, and the Monthly Profit and Loss Statement.

Together these accounts and records constitute the financial history of the industrial feeding operation and the information they give, when properly interpreted, will help the food service manager to chart a safe financial course.

The next issue will show samples of the forms described in this article.

1/ Nolin, Joseph H. "Industrial Cafeteria Accounting and Control." Amer. Restaurant Mag. November 1944.

What's New in FACILITIES

Breakfast at the Plant

And why not? Many of the workers in your plant have neglected their breakfasts. If you give them an opportunity to eat an adequate breakfast at the plant, just before going to work, you will be rewarded with increased production and fewer accidents, caused by fatigue during the morning hours.

Breakfasts are not served in many plants because the plant cafeterias are generally geared to a larger feeding job than breakfasts require. Obviously, it would be uneconomical to put the whole cafeteria kitchen into operation for the serving of breakfasts.

An ingenious arrangement worked out by several west coast plants has proved to be an excellent solution to the problem. Breakfasts, including eggs, bacon, and sausage, are served daily by merely revamping the cafeteria service counter to accommodate a grill beside the steam table. A removable cover is put over the grill during the noon lunch period. The installation has proved to be a boon in many ways. Not only do the breakfast takers enjoy the availability of hot food but the food service gains business with a minimum of personnel.

Another advantage of this addition is that a plant similarly equipped can serve food for special meetings and social gatherings. With a grill handy, one or two attendants at the cafeteria service counter can whip out hamburgers or frankfurters fast enough to meet the demand.

It is not difficult to install a grill in newly planned or existing cafeterias, since the power or fuel supply is near at hand. There are certain advantages in placing the grill in the service line instead of in back-counter locations.

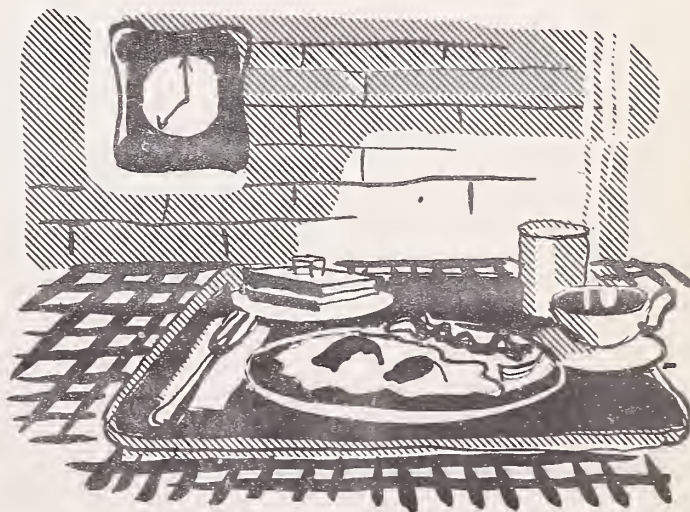
With the grill up front, the attendant can dish hot food directly to the plates, and alternately accomplish other minor service chores at the same time.

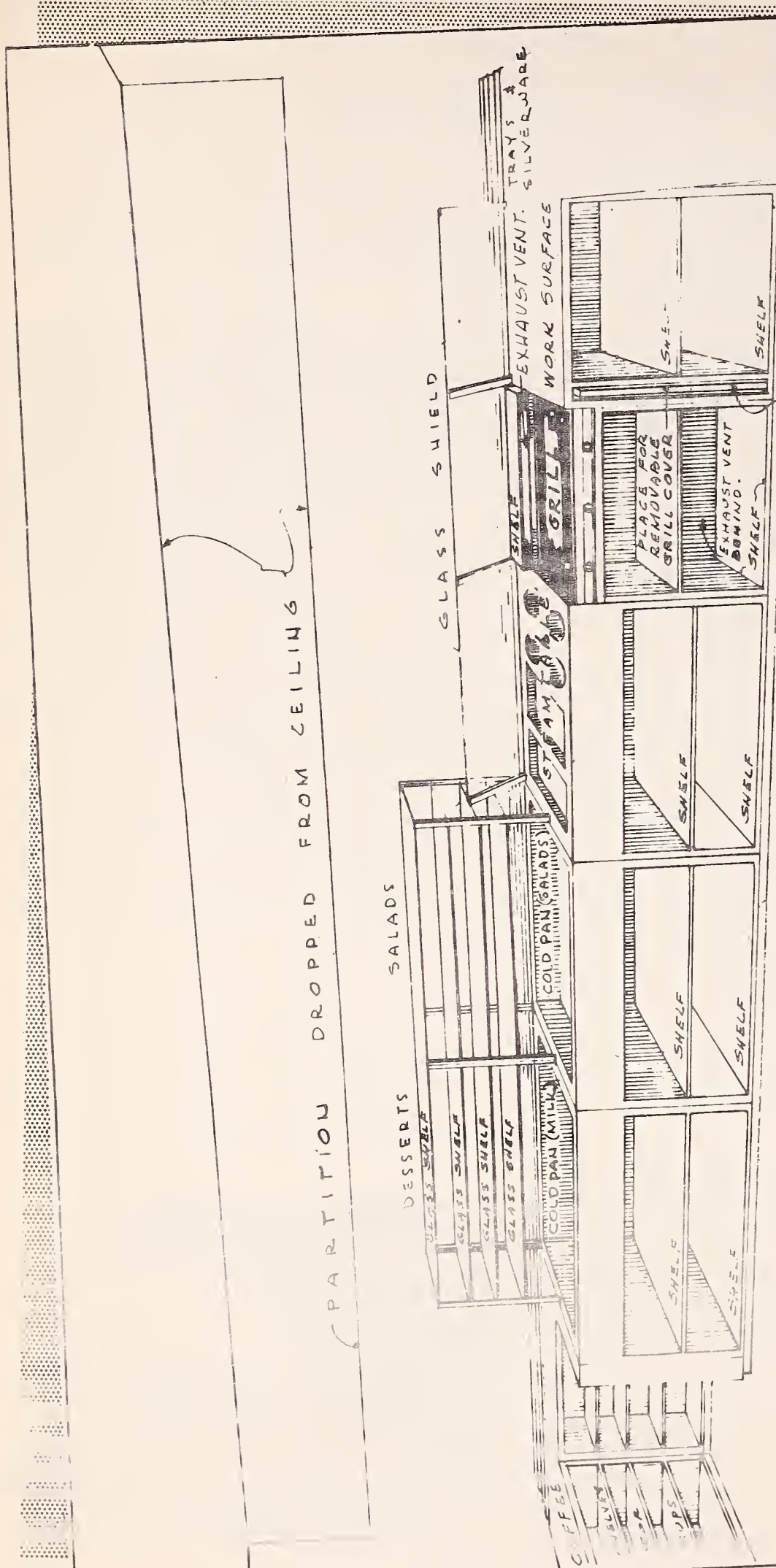
Cooking odors and smoke go along with grill cooking, and equipment should be installed to take care of both. If it is impossible to install a hood with an exhaust fan over the counter, an efficient down draft exhaust system might be worked out. The perspective view on the next page shows how this can be done. No matter which method is used, it is essential to eliminate smoke in the dining room.

A specific place should be made for the grill cover when it is not in use. One arrangement might be a vertical storage space in the grill section itself or in the adjacent counter section.

The perspective sketch shows a grill as it might look in an average installation. Inasmuch as there are no two serving counters alike no attempt has been made to create more than an approximate illusion.

Breakfasts in the plant cafeteria are well worth consideration. The reward in more efficient production and reduced accidents, plus the financial return from the service, will more than offset the installation and operation costs.





WHEN GRILL IS NOT IN USE AT NOON SERVICE, REMOVABLE COVER IS PLACED OVER IT AND COUNTER IS USED FOR PLATES, ETC.

PERSPECTIVE VIEW OF A CAFETERIA COUNTER WITH A GRILL ADJACENT TO STEAM TABLE. WITH THIS ARRANGEMENT, SHORT ORDER ITEMS CAN BE PREPARED AT THE COUNTER WITHOUT PUTTING THE CAFETERIA KITCHEN INTO OPERATION. THIS FLEXIBILITY IS IMPORTANT WHERE BREAKFASTS ARE TO BE SERVED OR SPECIAL PLANT MEETINGS ARE TO BE HELD AT OFF PERIODS.

INDUSTRIAL FEEDING FACILITIES MANUAL	
SUGGESTED GRILL IN CAFETERIA SERVICE - COUNTER.	
SERIES	TITLE OF SHEET
D.D.	PERSPECTIVE VIEW
OF COUNTER	3.
SHOWING GRILL	11-6 1946
INDUSTRIAL FEEDING PROGRAMS DIVISION	
FOOD DISTRIBUTION PROGRAMS BRANCH	
PRODUCTION AND MARKETING ADMINISTRATION	
UNITED STATES DEPARTMENT OF AGRICULTURE	